

## Rozumienie tekstów pisanych

### Zadanie 4. (0-4)

Przeczytaj tekst. Dobierz właściwy nagłówek (A-F) do każdej oznaczonej części tekstu (4.1.-4.4.).  
Wpisz odpowiednią literę w każdą kratkę.

Uwaga: dwa nagłówki zostały podane dodatkowo i nie pasują do żadnej części tekstu.

- A. MAKING USE OF A NON-RUNNING TIME
- B. CHANGING YOUR RUNNING PLANS
- C. RUNCATION FOR EVERYBODY
- D. A WIDE CHOICE OF DESTINATIONS
- E. A DIFFERENT TYPE OF VACATION
- F. THE BENEFITS OF COMPLETING THE RUN

### RUN AWAY ON A RUNCATION

4.1.

While most people take a holiday to relax and depart from their everyday routine, runcations are for people with different preferences. Runcations combine travel with running. They have appeared as an alternative to the traditional spa or poolside holiday. These fitness holidays, which have become very popular, are built around an official event such as a marathon, triathlon or fun run.

4.2.

Participants don't have to be fast or even long-time runners to go on a runcation. They don't have to be an Olympic athlete to join in, either. Events which include short distance races, half-marathons or even kids' runs encourage tourists, no matter how fit they are, to have a go.

4.3.

Some runners would like to take part in a flat city race or country back roads, others decide on a National Park race with steep hills. For those who can afford it, there are races through African grasslands or on China's most famous landmark – the Great Wall. Those who enjoy extreme runcations can run the mountains.

4.4.

The run is the most important part of the trip, but it isn't everything. Exploring the city on foot is a great way to loosen up after a race, or just discover a new place. The runners should pick up a few things that they want to see before they leave their destination. Those who don't want to get tired before the next stage of the run, can leave any walking tours until after the race.